

Courage Beyond



Updated September 30, 2013

Mission



Our mission is to deliver the most effective outreach and treatment to military Americans and their families suffering from PTSD, combat stress and other invisible wounds of war.

- ❑ To complement existing care providers such as VA and Department of Defense (DoD)



The Need



In 1980, the American Psychiatric Association added PTSD to the third edition of its Diagnostic and Statistical Manual of Mental Disorders (DSM-III) nosologic classification scheme. Although controversial when first introduced, the PTSD diagnosis has filled an important gap in psychiatric theory and practice. From an historical perspective, the significant change ushered in by the PTSD concept was the stipulation that the etiological agent was outside the individual (i.e., a traumatic event) rather than an inherent individual weakness (i.e., a traumatic neurosis). The key to understanding the scientific basis and clinical expression of PTSD is the concept of "trauma."

- US Department of Veterans Affairs

■ Post Traumatic Stress Disorder

- 300,000 veterans affected by PTSD or combat stress
- 75% of them will not receive adequate treatment (*best practice shows 7-12 sessions as most effective; 3-5 sessions in most delivery models; Courage Beyond average is 7; however, we always authorize 12*)

■ Suicide

- More suicides in the military than combat deaths
- 22 veterans each day die by suicide (increased since 2012)

The Need



□ Inadequate capacity for care

- Overextended capacity – long wait to receive care
- Not all qualify – dishonorably discharged, less than honorably discharged

□ Families

- Military spouse suicide is a growing epidemic
- Gap in services for families, and a growing need for care

How Courage Beyond is Different



- All types of combat veterans served
 - Active Duty, Veteran, National Guard and Reserve
 - All branches of service
 - Honorable, dishonorable and less than honorable discharge
- Programs for military families
 - Spouses
 - Children
 - Significant others
 - Parents
- Ensure local access to private, confidential care and will connect to other care and resources when needed

How Courage Beyond is Different



■ Efficient care

- First session for urgent care within 72 hours; non-urgent with one week
- Easily accessible programs – many online

■ Range of programs

- Clinical – Counseling
- Care Coordination
- Non-clinical – Retreats, Support Groups

■ Unique approach

- Goal is to thrive, not just cope (coping is a starting point)
- No-cost, confidential services
- Focus on community and camaraderie

How Courage Beyond is Different



- As a national program of Centerstone Military Services, Courage Beyond has access to our sister organizations and their collective expertise



Centerstone



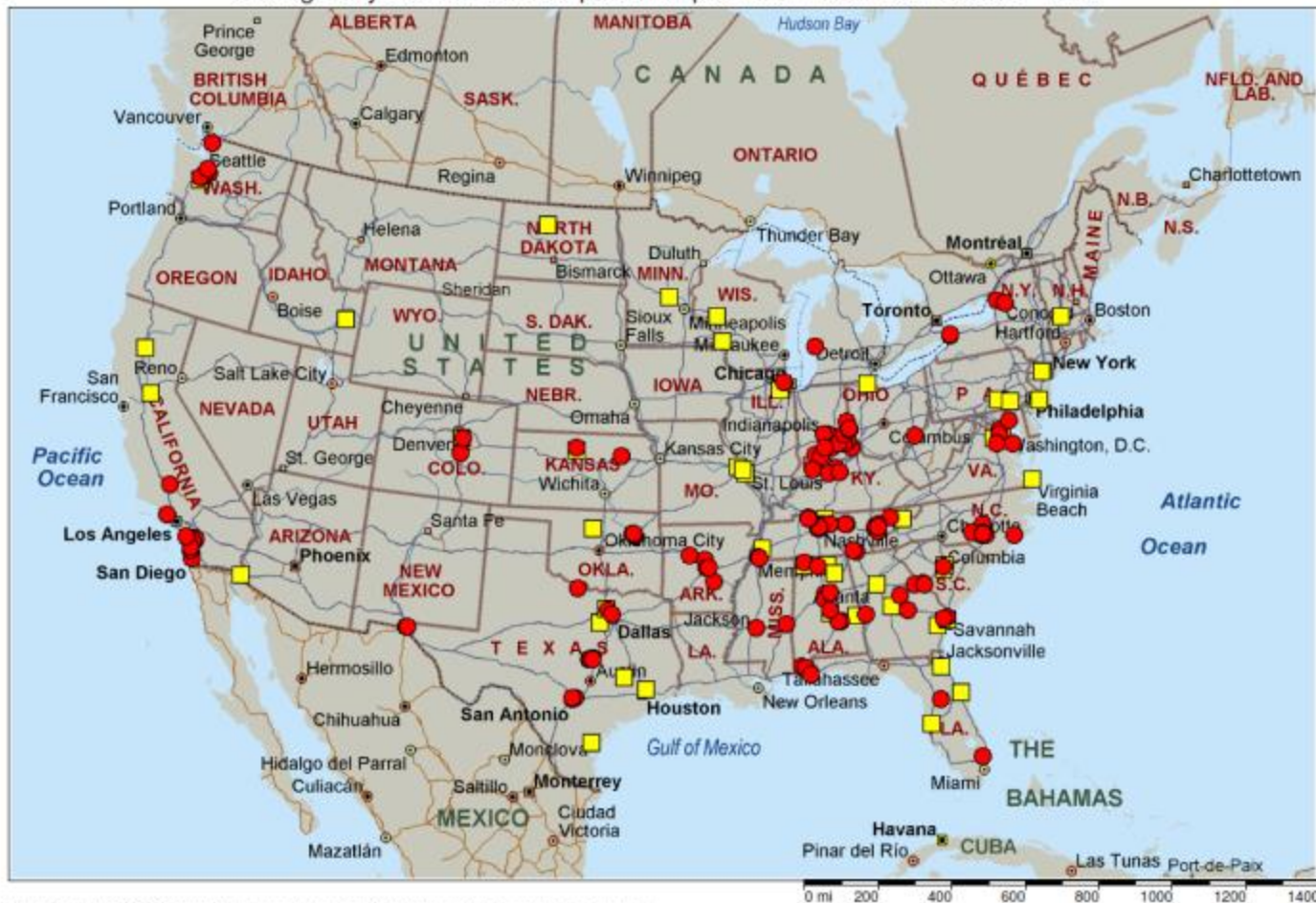
CENTERSTONE

- Centerstone is a not-for-profit organization, and one of the nation's largest providers of community-based behavioral healthcare. It provides a full range of mental health, addiction and related educational services to more than 75,000 individuals of all ages each year. The organization has nearly 130 facilities and 220 partnership locations throughout Indiana and Tennessee.
- The Centerstone family of organizations includes: Centerstone Military Services, Centerstone Research Institute, Advantage Behavioral Health, Centerstone Foundation and Centerstone Health Partners.
- Centerstone's mission is to prevent and cure mental illness and addiction.

Existing Network (Mainland) Contracted and Single Case Agreement Providers



Courage Beyond network and preferred providers - Mainland October 2013

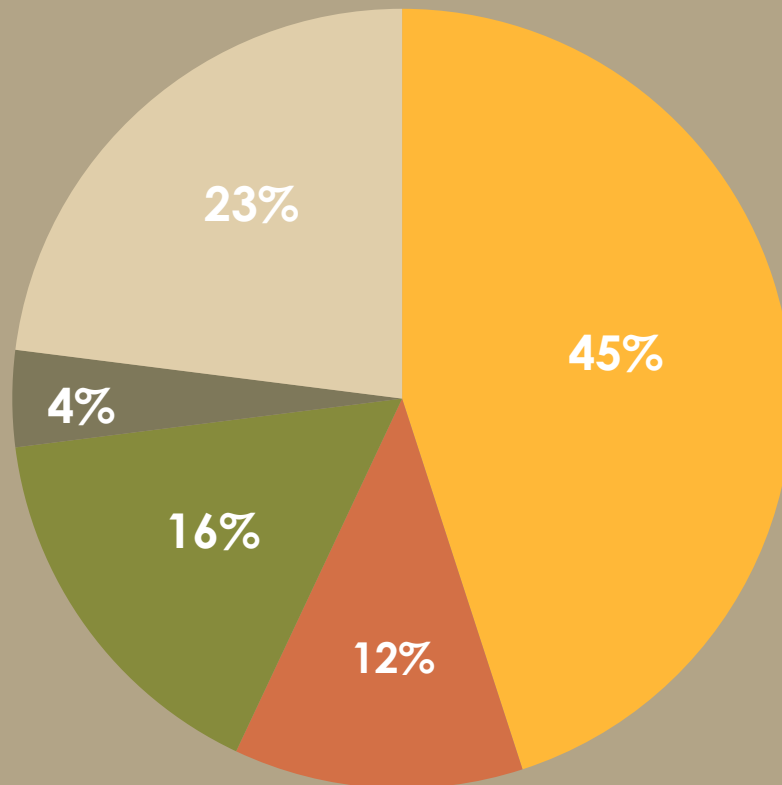


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Where the Money Goes



Budget



- Counseling
- Fundraising
- General Admin
- Retreats
- Support Services (Online, Face to Face, Peer Mentoring)

Courage Beyond Programs and Services



▣ Retreats

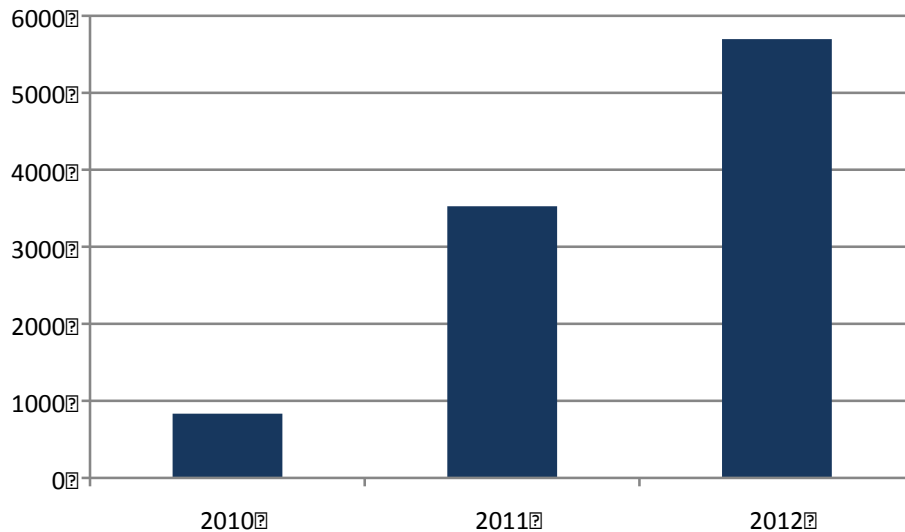
- ▣ Therapeutic retreats foster healing and support for both family members and warriors. A typical event lasts from two to four days and involves counseling, assessment, coping skills training, rehabilitative efforts and group support.

▣ Support groups

- ▣ A variety of online and in-person groups allow warriors and family members to connect with one another and form communities of support.



Program Statistics – 2010-2012



Services provided per year
(2010-2012)

- Over 6,000 hours of counseling provided
- Over 700 unique individuals received counseling
- Over 600 hours of support group sessions
- 2 retreats with 30 participants

Testimonial



“While my husband was in Iraq, our marriage took a turn for the worse. It was like he changed overnight; although, his recollection is that I changed. The truth is war changes everyone, and we were having a hard time accepting who the other had become. He went through counselors at the VA, but never seemed to get better. After a series of events, we knew something had to change or the marriage would be over. I was folding laundry and found my Courage Beyond t-shirt. I emailed, and both of us got appointments with separate counselors. He learned how to deal with what he had seen or done, and I learned how to handle him without setting him off. I can honestly say that Courage Beyond saved my family.”

- April, wife of an Operation Iraqi Freedom Vet

Testimonial



"I was at the end of my rope when Courage Beyond gave me the opportunity to take my life back. I want to bring more people to Courage Beyond so they know that they aren't alone anymore. I am happy with my life; whereas before I didn't know if it was worth living anymore. It's amazing what one weekend can do for someone. I have lasting relationships that I didn't have before. I look at everything I do and wonder what I learned that weekend to help me through it. I love Courage Beyond and everything they stand for because without them I wouldn't be here to tell you how they changed my life."

- Military Spouse who attended a Courage Beyond retreat

Testimonial



“I had been told about Courage Beyond by my commander's wife, who had used their services for her son who seemed to be going through the similar situations my son was facing. In the end, I enrolled myself too. While I still have some deep soul searching to do and I still have work to get better, I feel that I am now on a path to success thanks to Courage Beyond. My wife has even commented on occasions how great I am doing with the kids. There are set-backs, but at least I have some tools to help me progress.”

- Anonymous, Major, US Army

Our Partners



A special thank you to all of our partners who have supported our efforts to provide no-cost, confidential programs to warriors and their loved ones. To learn more about partnership with Courage Beyond, please contact Jenny Carr at jenny.carr@couragebeyond.org.



Questions

